

LIFEGUARD COURSE

Summer 2017

Course Information

The Bloomington Parks and Recreation 2017 Summer Lifeguard course is a certification course using American Red Cross curricula. The course will be conducted through the blended learning option, which requires participants to complete 7.5 hours of online coursework prior to the start of the course. The majority of the course time (30 hours) will then be spent doing the in-water skills portions of the course, as well as the Waterpark and Waterfront modules. Participants who pass the final course assessments will receive a Lifeguard Certification, valid for 2 years.

IMPORTANT DATES:

Registration Deadline:

Monday, July 31st, 2017

Online Course Available:

Monday, August 7th, 2017

Online Course MUST be Completed by:

Friday, August 18th, 2017

In-Person Session Dates:

Monday—Thursday, August 21st-24th, 2017

10:00am—6:00pm



**Certification
Classes**

Lunch Break

The class will have a lunch break from about 1:00-1:45 each day. There are several quick food options available within a short driving distance or participants are welcome to stay at the facility.

Red Cross Lifeguard Course Prerequisites:

- Continuously swim 500 meters using a combination of freestyle of breaststroke, using rhythmic breathing.
- Swim 20 yards, surface dive, retrieve a brick from deep water, kick with the brick for 20 yards, and exit the water in 1 min. 40 sec. without goggles.
- 2 minute tread water without hands.
- Must be 15 by the last day of the course (8/25/2017).

*The Waterfront module of the course will be taught at Bush Lake Beach. Participants will be told which day we will be at the alternate site on the first day of the in-person sessions. Participants may use their own transportation to get to Bush Lake Beach.
9140 East Bush Lake Road
Bloomington, MN 55438

COURSE LOCATION

*Bloomington Family Aquatic Center
201 East 90th Street
Bloomington, MN 55431

FEES

Course fees include the online and in-person courses, including the Waterpark and Waterfront modules, certification upon successful completion of the course, and a lifeguard manual. The fee for the course is \$225/ person,

REGISTRATION

Registrations are accepted online and in person at the Parks and Recreation office only.

Participants must register using a valid email address, as important class links and information will be sent to the email provided upon registration.

City of Bloomington Website:

<http://webtrac.BloomingtonMN.gov>

Use course code: 121-LG

Parks and Recreation Office:

1800 West Old Shakopee Road
Bloomington, MN 55431

Monday-Friday 8:00am-4:30pm

Registrations will not be accepted over the phone or at the Bloomington Family Aquatic Center

TECHNOLOGY REQUIREMENTS

All participants must have access to an internet accessible computer with a recent version of Adobe Flash Player. Participants will use the online tools for at least 7.5 hours.

QUESTIONS

Please direct all questions regarding this and other City of Bloomington courses to the main Parks and Recreation phone line or email.

Phone:

952-563-8877

Email:

parksrec@BloomingtonMN.gov

The City of Bloomington does not discriminate on the basis of disability in the admission or access to, or treatment or employment in, its services, programs, or activities. Upon request, accommodation will be provided to allow individuals with disabilities to participate in all City of Bloomington services, programs, and activities. Upon request, this information can be available in Braille, large print, audio tape and/or computer disk.